

Ampersand Sexual Violence Resource Center

# RESOURCE GUIDE



This booklet can be used as a resource guide and source of information to any person who is impacted by sexual violence. This can include survivors, friends and family members of survivors, or anyone who wishes to learn more about the impact of sexual violence in their community.

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No matter what, the survivor is never to blame for their experience of sexual violence. The perpetrator alone is responsible for their actions.

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For those impacted by sexual violence, The Bluegrass Rape Crisis Center [BRCC] is here for you. There is a network of people who will listen when you are ready. You are not alone.

AMPERSAND SEXUAL VIOLENCE  
RESOURCE CENTER

24/7 Hotline: 1-800-656-HOPE(4673)

Business line: (859) 253-2615

[www.ampersandky.org](http://www.ampersandky.org)

In this booklet you will find information to help you better understand your options and resources in order to make decisions that are right for you.

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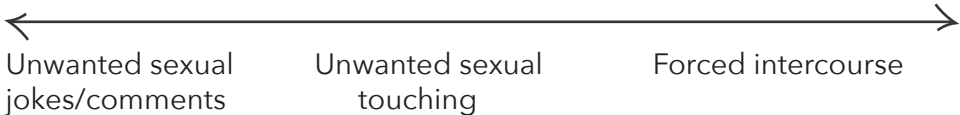
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## FREQUENTLY ASKED QUESTIONS

## What is sexual violence?

Sexual violence can include any unwanted sexual contact. One component of sexual violence is coercion and force which come in many forms, from threats and intimidation to physical violence

The spectrum of sexual violence ranges from harassment to sexual assault to rape. A person's experience may fall ANYWHERE on this spectrum and they may or may not choose to label it.



## By the Numbers

**1 in 5:** Women in the United States will experience completed or attempted rape in their lifetime.

**1 in 33:** Men will experience completed or attempted rape in their lifetime.

**1 in 2:** Trans\* and gender non-conforming individuals will experience completed or attempted rape in their lifetime.

[RAINN, Rape and Incest National Network, [www.rainn.org](http://www.rainn.org)]

## What is Ampersand Sexual Violence Resource Center?

Ampersand is a network of people dedicated to eradicating sexual violence. Our mission is to support survivors & engage communities. We do this through counseling, therapy, advocacy, & education.

## Where are Ampersand offices located?

Ampersand has offices in Lexington, Richmond, Frankfort, & Danville. Our staff will set up transportation or meet clients in other areas if clients are unable to come to our office locations.

## How does Ampersand provide support?

Our services includes medical advocacy, legal advocacy, & a 24/7 support hotline, short-term counseling, long-term therapy, group therapy, prevention education, & community outreach.

## Is there a charge for your services?

No! All services provided by Ampersand are free of charge.

## How do I make an appointment?

To receive information on scheduling an appointment, individuals can call our crisis hotline (1-800-656-HOPE(4673)) during business hours (Monday - Friday, 9am - 5pm) to speak with a staff person.

## Who can receive services from Ampersand?

ANYONE who has been impacted by sexual violence, including family & friends of survivors.

# SURVIVOR'S EXPERIENCE

After someone is sexually assaulted, they may react in a number of different ways. There is no "one size fits all" when it comes to an individual's reaction to trauma. However, there are some common aspects that may be present. Keep in mind that if a survivor does not present with these reactions, their experience is no less true or valid.

## COMMON REACTIONS

### Physical:

- o Nausea
- o Fatigue
- o Stress
- o Change in sexual desire
- o Insomnia

### Emotional:

- o Flashbacks
- o Memory loss
- o Nightmares
- o Racing thoughts
- o Self-blame
- o Guilt
- o Shame
- o Anger
- o Fear
- o Numbness
- o Mood swings

### Social:

- o Isolation from friends/family
- o Avoiding crowds
- o Fear of being alone
- o Loss of interest in activities

Survivors may react to sexual violence in a variety of ways. Reactions such as these are common and normal in the aftermath of trauma, and may occur alongside one another. *Keep in mind, however, that the absence of these reactions does not indicate that an individual did not experience a traumatic event.*

# KNOW *your* RIGHTS

## AS A SURVIVOR

YOU HAVE THE RIGHT to determine whether or not you want to report the sexual assault to law enforcement, or seek medical treatment.

YOU HAVE THE RIGHT to report but not proceed with prosecution.

YOU HAVE THE RIGHT to be treated in a considerate and sensitive manner.

YOU HAVE THE RIGHT to be loved - you have done nothing wrong.

## SEEKING MEDICAL CARE

Following a sexual assault, a survivor can receive medical attention at any hospital emergency room that they report to. When a survivor arrives at the emergency room, a medical advocate will be dispatched from the local rape crisis center to offer support and information.

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At the hospital, a survivor can request to have a Sexual Assault Forensic Exam [SAFE] Kit performed to gather physical evidence. Some hospitals will perform a SAFE Kit, but others may send survivors to other local emergency rooms to receive an exam.

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### SEXUAL ASSAULT EXAM

- If you give your consent for an exam following a sexual assault, a trained SANE (Sexual Assault Nurse Examiner) or an ER doctor will administer it.
- The examination process may last 2-6 hours.
- The collection of forensic evidence is best performed within 4 days of the assault. After this time, most DNA evidence is gone, but other portions of the exam may still be performed.
- Your clothing, shoes and accessories may be collected as evidence and you will NOT get these items back.
- You have the right to have an advocate be present throughout the exam.



## THE EXAM ENTAILS:

- An interview regarding details of assault
- A complete head to toe examination to identify visible injuries
  - Collection of forensic evidence
  - Photographing injuries
- Detailed genital exam to identify injuries and collect evidence
  - Offering medications to treat common sexually transmitted infections
- Offering HIV preventive medications if you qualify
- Offering Plan B (to prevent pregnancy) if the assault happened within the last 5 days

Remember: You have the right to feel safe and to refuse any or all parts of the exam.

## CRIME VICTIM'S COMPENSATION

Any person who is a survivor of a criminal act who has suffered bodily or psychological harm or death, or who has lost earnings or support, may apply to the Crime Victim's Compensation Board. The Compensation Board requires that the crime be reported to the police within 48 hours of the incident, unless delay is justified.

Benefits Include:

- Medical Expenses
- Funeral Expenses
- Loss of Earnings
- Replacement of glasses or corrective lenses damaged during the crime.

*To obtain a form, or for more information, please contact:*

**Crime Victim's Compensation Board**

**130 Brighton Park Boulevard**

**Frankfort, KY 40601**

**1-800-469-2120**

**<http://cvcb.ky.gov/Pages/default.aspx>**

# MAKING A POLICE REPORT

Whether or not to make a police report is a very personal decision that only the survivor can make. Reports can be made when a survivor is first receiving medical treatment in an emergency room, or at a later time at the local police precinct.

A survivor who chooses to report will be interviewed by police, and asked specific questions about the assault that took place. *If a survivor feels uncomfortable or embarrassed by any of the interview questions, they have the right to ask the police to explain the reasons for the questions.* An advocate or friend can accompany a survivor to provide emotional support during the interview, but they cannot speak or answer on behalf of the survivor.

Officers will prepare a written report from the information given by the survivor. Survivors should review written reports for accuracy before signing them. If an assailant is arrested and prosecuted, the report may be used during a trial. Survivors can request a copy of the final report.

# SEEKING A PROTECTIVE ORDER

An Emergency Protective Order (EPO) or Temporary Interpersonal Protective Order (TIPO) can be issued in instances of:

- Stalking
- Sexual Assault
- Dating Violence
- Threat/violence between: current/former spouse, current/former partners who have lived together, individuals who have a child together, or close relatives.

Protective orders are available 24/7 and can be obtained by visiting the Office of Circuit Court Clerk in the county where you are currently located or by contacting local law enforcement (after normal business hours). An emergency order may be issued for two weeks, and will be followed by a hearing before a judge within a few weeks to secure a longer-term order (IPO or DVO). For additional information, visit <https://courts.ky.gov/resources/publicationsresources/Publications/P123ProtectiveOrderBooklet.pdf>

# Additional Resources

## **Victim Information and Notification Everyday [VINE]**

VINE provides information about inmates housed in local jails and adult correctional facilities. Anyone can register on the system to receive computer generated telephone calls notifying when an inmate is scheduled for release or if an inmate escapes custody.

1-800-511-1670

[www.corrections.ky.gov/ovs](http://www.corrections.ky.gov/ovs)

## **Legal Aid of the Bluegrass**

Low or no-cost legal information.

859-233-4556

[www.kyjustice.org/contactus](http://www.kyjustice.org/contactus)

## **Greenhouse 17**

Emergency housing for survivors of domestic violence.

1-800-544-2022 (Crisis Line)

859-233-0657 (Business Line)

## **Children's Advocacy Center**

Provides a coordinated, multi-disciplinary approach to the investigation, prosecution, & treatment of child sexual abuse.

859-225-5437

[www.kykids.org](http://www.kykids.org)

## **Health Departments**

Your local health department may offer a variety of health services, including medical exams, testing and treatment for sexually transmitted infections, and pregnancy testing. Please call your local office to determine which services are available.

For a list of health departments by county, please visit:

[www.chfs.ky.gov/dph/linkstolocalhealthdepartments.htm](http://www.chfs.ky.gov/dph/linkstolocalhealthdepartments.htm)

## Incarcerated Survivors of Sexual Abuse (Source: PREA Standards)

# YOU HAVE THE RIGHT

- To be treated with respect and dignity
- To choose whether or not to report the assault. If you do choose to report, you have the right to choose through which channels or to whom you feel comfortable reporting. (§115.51)
- To receive appropriate medical or mental health care regardless of whether or not you disclose the name of your perpetrator or participate in an investigation. (§115.83(g))
- To make related healthcare decisions for yourself based on informed consent. (§115.83)
- To have reasonable access to community advocates for support and services provided for in the previously mentioned MOUs (§115.53)

# Supporting Survivors

Many survivors of sexual violence do not speak openly about it for fear of the reaction of friends and family members. Loved ones who are respectful and supportive of survivors can help them to begin to heal in the aftermath of sexual violence.

## WHAT CAN I DO?

Seven words: *"I believe you. I'm here for you."*

Loved ones can show their support to survivors by listening to them. Let the survivor know that you are there to listen when they are ready, but do not pressure them to talk. When speaking with a survivor, don't ask for the details of an assault that they do not want to discuss.

A survivor may feel the need to regain a sense of control in the aftermath of a traumatic event, and **an important way of establishing control is making one's own decisions**. Whether it's the decision to go to the hospital, file a police report, or receive services from a local rape crisis center, loved ones should respect the decisions and choices that a survivor makes.

Always remember- the survivor is never to blame for their own assault no matter what the circumstances.

Ampersand is here to support friends and family members of survivors. Our 24 hour crisis hotline can be a source of more information on how to show support for your loved one.



# SAFETY PLANNING



In the aftermath of sexual violence, survivors often fear for their own safety or that of loved ones. This safety plan will help you outline ways to feel more secure and in control.

Your safety plan can be developed just for YOU, based on your needs, resources, and circumstances. We trust that you know what is safest for you, but it may also help to complete a safety plan with a trusted friend or advocate.

Some of these questions may not apply to you right now, but may be useful later.

Brainstorm using these questions to get you through times that are emotionally difficult & times when you feel physically unsafe. If you need help brainstorming, ask a friend or family member, or call our 24/7 support hotline to talk to a crisis counselor: 1-800-656-4673.

## Emotional Safety

Brainstorming ways to get through some of the emotionally difficult times.

- What can you do to take care of yourself?
- Who can you reach out to when you are upset?

## Physical Safety

Coming up with ways to increase feelings of safety, such as identifying safe people and places in which you can get help.

- Where do you feel safest?
- Which places might it be best to avoid?
- Who do you trust to help you in emergencies?

## Reliving Memories of the assault

Planning for what to do when memories of the assault affect your day-to-day living.

- What has calmed you in the past?

## If there is still contact with the perpetrator(s)

Developing ways to ensure safety when you have to or choose to have contact with the offender.

- Where might you see them?
- Where can you go if you feel you are in danger?

## Legal Safety

Thinking of ways to increase your sense of safety and control throughout the criminal justice system process (if applicable).

# Self Care

In recovering from crisis, concentrating on ways to take care of oneself and reducing stress can be important for survivors.

Every survivor can react differently following a traumatic event, and these reactions are a normal part of the healing process.

The following techniques can be used to relax during stressful times. Only you know best what will make you feel and stay safe, both emotionally and physically.

## DEEP BREATHING

- Take deep breaths.
- Breathe in for 5 seconds, then breathe out for 5 seconds. Focus only on your breath.
- Repeat as needed.



## GROUNDING

Grounding is a way to stay present and connected to the world around you. This can be helpful when you are experiencing a flashback. Again, only do what you feel comfortable and safe doing.

- Splash cool water on your face.
- Keep familiar objects around, like a favorite picture or some other token. Feel or look at each item. Notice the texture, smell, or other details. Think about where you are at the time and what those objects mean to you.
- If comfortable, stand in a public place. Listen to the noises around you. Talk, if you would find it helpful.
- Get up, and walk around. Take your time, and notice each step.
- If you can, step outside and get some fresh air. Feel the sun or wind. Take in the temperature.

## OTHER IDEAS

- Do something creative like write, draw, or play music.
- Engage in physical activity like yoga, dance, or walking.
- Attend to your social needs: ask for time alone or spend time with friends and family.



# AMPERSAND

Sexual Violence Resource Center  
of the Bluegrass

## IMPORTANT INFORMATION

Hospital: \_\_\_\_\_

Nurse: \_\_\_\_\_

Doctor: \_\_\_\_\_

Detective: \_\_\_\_\_

Other: \_\_\_\_\_

## AMPERSAND OFFICES

Danville- 859-236-4445

Frankfort- 502-863-7350

Lexington- 859-253-2615

Richmond- 859-625-0213

25 Hour Crisis Line: **1-800-656-HOPE (4673)**

[www.bluegrassrapecrisis.org](http://www.bluegrassrapecrisis.org)



#### Bluegrass Rape Crisis Center

Silverleaf Sexual Trauma  
Recovery Services  
751 South Provident Way  
Elizabethton, KY 42701  
(877) 612-2124

P.O. Box 1603  
Lexington, KY 40588  
(800) 656-HOPE (4673)

#### Women's Crisis Center (Covington & Maysville)

Support Services  
1716 Schiem Road  
Owensboro, KY 42301  
(800) 226-7273

P.O. Box 2048  
Louisville, KY 40201  
(502) 581-7222

3580 Hatgrave Drive  
Herron, KY 41046  
(800) 928-3335

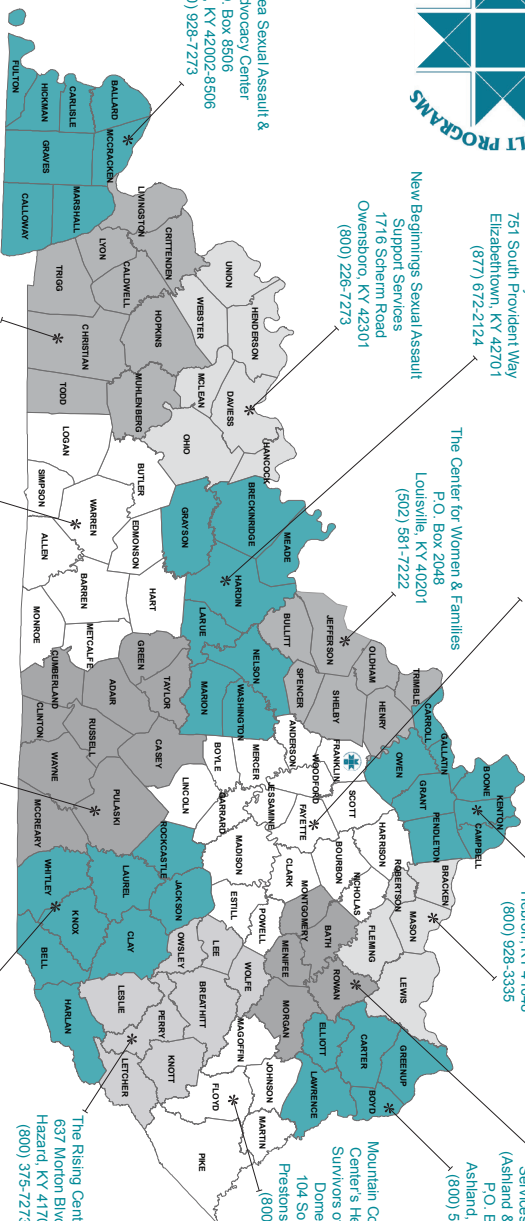
#### The Center for Women & Families

Pathways Rape Victims  
Services Program  
(Ashland & Morehead)  
P.O. Box 790  
Ashland, KY 41101  
(800) 562-8909

#### Purchase Area Sexual Assault & Child Advocacy Center

P.O. Box 8506  
Paducah, KY 42002-8506  
(800) 928-7273

Mountain Comprehensive Care  
Center's Healing Program for  
Survivors of Sexual Assault &  
Domestic Violence  
104 South Front Ave.  
Prestonsburg, KY 41653  
(800) 422-1060



Sanctuary, Inc.  
P.O. Box 1165  
Hopkinsville, KY 42424  
(800) 766-0000

Hope Harbor, Inc.  
913 Broadway Ave  
Bowling Green, KY 42101  
(800) 656-HOPE (4673)

Adams Sexual Assault Resource  
Center (ASARC)  
259 Parkers Mill Road  
Somerset, Kentucky 42501  
(800) 656-HOPE (4673)

Cumberland River Behavioral Health  
Rape Victim Services  
P.O. Box 568  
Cobin, KY 40701  
(800) 656-HOPE (4673)

The Rising Center  
637 Morton Blvd.  
Hazard, KY 41701  
(800) 375-7273

## KENTUCKY ASSOCIATION OF SEXUAL ASSAULT PROGRAMS

P.O. Box 4028 | Frankfort, KY 40604 | (800) 656-HOPE (4673) | [www.kasap.org](http://www.kasap.org)

*Our Vision*  
Freedom from sexual violence

*Our Mission*  
Support individuals & engage communities

*Our Values*

1. We stand firm in our convictions. We strive to be brave and vulnerable as we provide resources to individuals and as we grow and develop.
2. We prioritize anti-oppression. It is our responsibility as individuals, an organization, and a community to show through our words and actions that we are mindful of the privileges we carry. We are dedicated to developing strategies to diminish rather than further the oppression of one another.
3. We function through an intentionally intersectional lens and use it to inform all of our actions and decisions. To achieve freedom from sexual violence, we need to intentionally engage individuals of differing backgrounds from all walks of life.
4. We value healthy and open communication because sexual violence thrives on secrecy, shame, and isolation. We connect survivors to support and resources, communities to the cause, and stakeholders to each other. We will thoughtfully consider others perspectives and opinions, and when we disagree will do so with compassion.
5. We value trustworthiness. We will cultivate trust through practicing transparency, authenticity, and reliability. We preserve the confidentiality of the individuals we support to the highest degree allowed by law.
6. We value the intrinsic strengths, abilities, and worthiness of individuals and communities, and we hold space in which those traits can be harnessed.
7. We value holistic well-being, recognizing that each individual is a whole person whose life intersects with sexual violence. We will support and encourage practices that foster health and longevity.
8. We believe that we can and will create a culture of consent. We vow to recognize our success and view failures as a step toward positive change. We will approach our work with tenacity and determination.
9. We value shared ownership of sexual violence. We join together to craft solutions and engage each person in creating a culture free from sexual violence.

We are uniquely positioned as experts in our field. We cultivate and share our expertise as we seek freedom from sexual violence by supporting individuals and engaging communities.